



CANADIAN SPORT CENTRE
CENTRE CANADIEN DU SPORT
ATLANTIC / ATLANTIQUE

COACHNS

SOUTH SHORE REGIONAL COACHING SUMMARY

BACKGROUND

The government of Nova Scotia, Sport Nova Scotia and the Canadian Sport Centre Atlantic partnered in September 2017 where they travelled to the six (6) defined sport regions across Nova Scotia to hold Community Coaching Consultations. The goal of these consultations was to hear directly from community coaches and hear what their challenges and successes were, where they needed support and what professional development they needed to continue growing as a coach in their own context.

There was a large amount of information collected through the consultations. The data was analyzed to find major themes discussed across the province which in turn, determine the priorities throughout the province. The three areas that clearly required focus were: education/certification, recruitment/retention, and mentorship. To address these key areas, Canadian Sport Centre Atlantic now offers community coach professional development sessions twice a year in each region, launched a *vip* coach recognition program to aid in coach retention by celebrating the contributions of coaches and created a provincial-wide mentorship program for coaches.

vip

APPLY HERE



Check out the Coaching Calendar for Professional Development opportunities and programs!

Potential

Professional Development

topics

- Sport Specific Sharing
- Fundamental Skills of Coaching
- Mentorship
- Safe Sport & Concussions
- Coaching Athletes with a Disability
- Mental Preparation

Common Words coaches used to describe their coaching experience

Inspiring
Busy
Educational
Fun
Exciting
Frustrating
Enjoyable
Fulfilling
Stressful
Demanding
Rewarding
Challenging



CANADIAN SPORT
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SOUTH SHORE FEEDBACK

Continuing to better understand the landscape of what is currently going on in Nova Scotia, during the summer of 2019, Canadian Sport Centre Atlantic in partnership with Sport Nova Scotia, collected similar information while on a cross-Nova Scotia engagement tour.

AREAS THAT NEED TO BE ADDRESSED

COMMON BARRIERS



Financial

- Travel and accommodations to attend training outside of the region.
- Time required – may have to take off work.



Location

- Must travel to access training and resources
- Minimal sharing or communication with rural communities



Quality of Coaches

- Lack of certified coaches to support athletes.
- Minimal maintenance of certification



Development of Quality Coaches

- Knowledge of general coaching skills
- Getting coaches certified and ongoing certification
- Transferring of Sport Specific knowledge



Financial

- The cost and time to travel for courses is impossible for some coaches



Recruitment & Retention of Coaches

- Lack of capacity
- Need for female coaches

OUR ACTIONS TO SUPPORT

Nova Scotia Mentorship Program

- Sport-specific mentorship will become available upon request to help coaches develop and receive support.
- Athletes that want to become coaches can join the program as a mentee to help with coach recruitment.

Accessible Drill Books

- A document will be made available to all Nova Scotian coaches to share sport-specific resources, drills and best practices as coaches.

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